

## Officiating.

1. Current rule book.
  2. Loud clear tone whistle + short cord
  3. How 2 blow " - hold it below lips w. curved side down + tip of tongue in or again side of slot. As v. blown tongue drops out giving short sharp blast.
  4. Distinctive sports' clothes + running shoes.
  5. Preliminaries.
  6. Pass ball to centre player. (under hand.)
  7. Blow whistle when ball reaches hands + not 64.
  8. Sound of whistle starts game.
  9. Keep moving with play + concentrate on personal fouls. Have someone on side - line keep record of fouls + violation called by " as well as ones missed.
  10. After learnt to referee, learn to umpire.
  11. Referee respon. to follow play of ball - umpire forefield + backfield. Umpires - out-of-bounds play on own side of floor.
  12. Designate fouls clearly. (good arm out.)
  13. Speak distinctly + pleasantly. Never with whistle in mouth.
  14. Remain off court when spare permits - otherwise up + down near side lines.
  15. Use accepted arm movs. for no goal + jump ball.
  16. Toss ball high + straight on jump balls + eyes not follow ball.
  17. Official stand in fwd. stride position + take 1 step back as ball leave hands.
  18. On free throw - hand ball to player on line + keep contact w. ball - keeping hand on top.
- (Preventive measure)

1. Holding ball 4 more than 3 sec. within the count.  
For more than 3 sec. in centre throw

2. Travelling - includes going in place while in possession of ball.

4. Leaving ball to go out of bounds or stop-  
ping on side or end line while in possession  
of ball.



Leaving court during time out & leaving on  
court by 5. without permission

Passing ball to another player when taking a  
free throw. 5.24

L. Beighton.

very good  
9

Basketball.



## Offensive.

● Formation Play- Centre plays easiest formation for girls to remember and put into effect. Each player is definitely located. The first play should be executed without a signal.

Plays used in a game should be few but well perfected. Each play should be so worked out that if the play is blocked in one direction there is an opportunity of passing to another to complete the play. Such a play must be planned or a wild pass or lost ball may result. All plays should be executed well on both sides.

### ● Tip-Off Plays.

1. Simple plays are most successful. If too complicated players get & forget necessary adjustment.
2. All positions of players same til ball tipped.
3. Player giving signals know how best to rotate use of centre plays. If play works repeat.
4. All players know signals perfectly. Games planned for simplicity. Fwd. give signals - calm, clear thinker & exercise good judgment.
5. Means of giving signals (A) call no. (B) personal signal. (C) centre player from certain direction.
6. Formation plays planned according to ability.
7. Practice of all plays.

### ● Out-of-Bounds Play.

A team definitely in position of ball in planned out of bounds play. Team in possession of ball at offensive end or side lines must be alert to take advantage of situation and



after 1 or 2 passes should attempt to score. If ball awarded to team on defensive side or end line, opponents should "get set" with definite defense.

1. Ball passed in quickly. time for defense to place themselves.

2. Player making out of-bound pass receive 2<sup>nd</sup> pass.

3. Pass to loose or unguarded player.

4. Plays simple & few in no. - alternatives.

5. Signals useless. 1 play worked out for either side line used by either player in court, 2

play for end line & 3 used by either player.

6. If guard takes ball - centres & fwd. not start at same time as ball.

7. Plays so guard avoid passing across basket.

### Free Throw Plays -

Get possession of ball if missed. In 2 court game where 2 players on fwd. territory best to have better rebound player take po. along lane & run in for rebound & either tip or pass ball to player, who took free throw.

Quick stopping, starting, ability to change direction and efficient handling of ball essential for good offense and defensive players.

Forwards must also have ability to shoot.

The best defense is a good offense therefore

its essential to keep ball and if lost regain

it quickly. 4-6 plays helpful if well timed and worked out. Not complicated. Two or

three enough. Good timing is most imp.

factor in successful team plays. If

receiver gets to spot before ball - usually

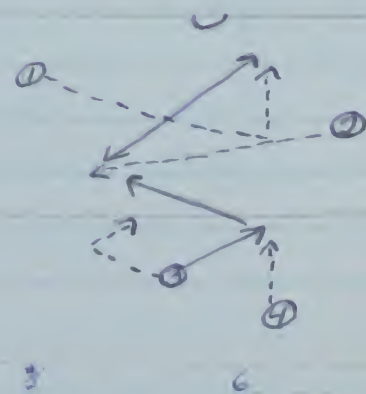
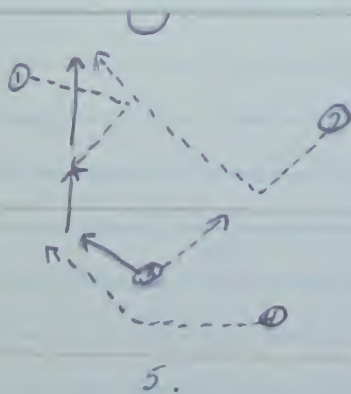
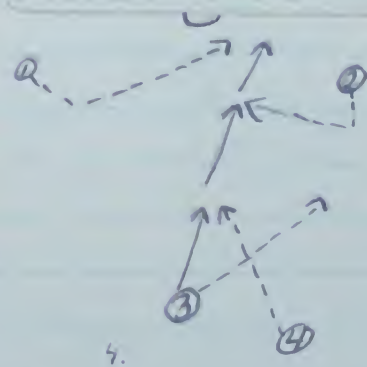
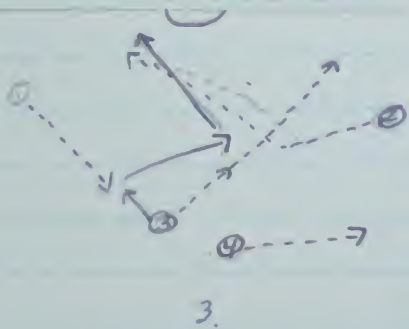
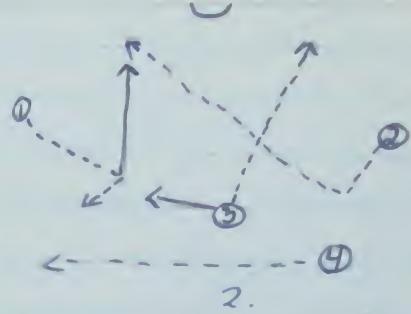
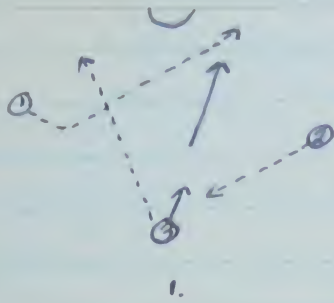
covered by opponent - if too late teammate

in possession of ball will be covered - making

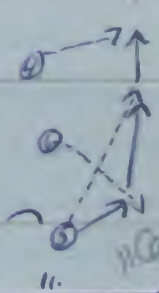
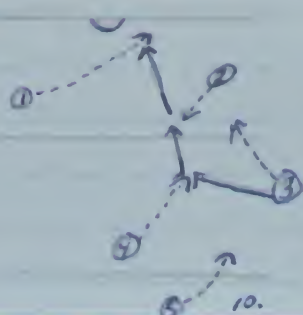
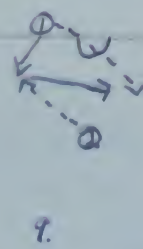
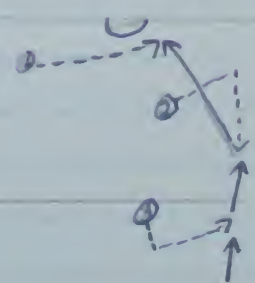
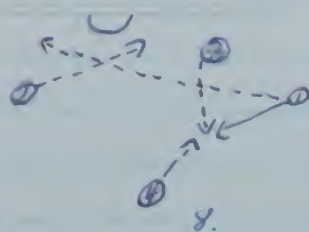
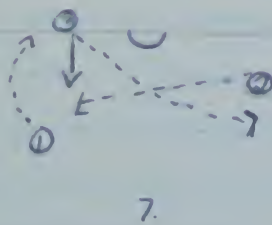
passing difficult. Should be able meet.

# Offensive Plays.

## Tip-Off Play.



## Out-of-Bounds.





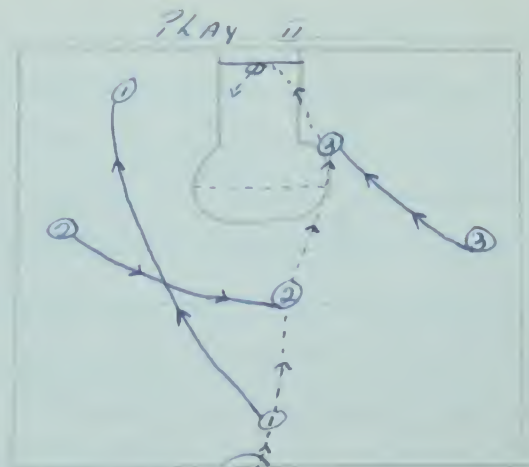
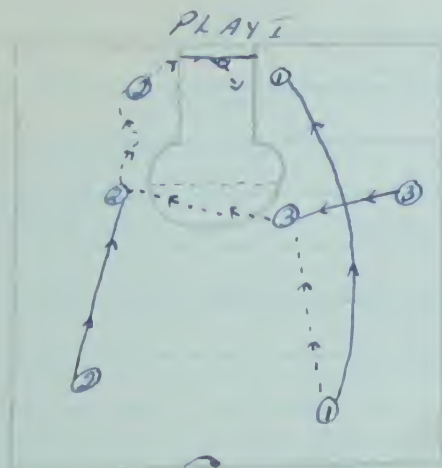
unfamiliar situations and play without set plays. Should be able to fall into this type of play any time and also be able to execute plays and gain advantage from them when possible. Skillful individual player no team value unless she can adapt her style of play to team as a whole. All team members know one another's style - weaknesses and strengths.

### Points to be Remembered.

1. Good passing.
2. Player making pass often responsible for fumbling. Receiver keep eye on ball till in possession of it.
3. Short passes directed ahead.
4. Rarely pass to still player unless free for set shot.
5. Leave self room to move in at least 2 directions.
6. Don't bounce if opponent guarding closely.
7. If balanced & in position & have 1/2 - shoot!
8. If guard uses hand to stop shot, quickly bounce past her, or side arm is raised.
9. If have shot & teammate in good pos. stay out.
10. Avoid crowding under basket. Pass & come out.
11. Take out-of-bounds balls quickly.
12. Juggle shouldn't be overdone.
13. Don't bounce if can pass advantageously.
14. On foul shot, if not shooting don't have act. a llo.
15. Watch opponent's styles - prepared to change yours.
16. Don't use set plays without variety.
17. " waste energy for aimless wandering.
18. Timing of player in "pick-off" perfect.
19. If opponents use zone defense & find it impossible to break through, long shots should be attempted. If shots successful defense will undoubtedly come out in offense and break through for short shots.



# Offensive Plays.



- A. Passing & receiver who runs & meet ball.  
B. Bouncing & shooting

## Description:

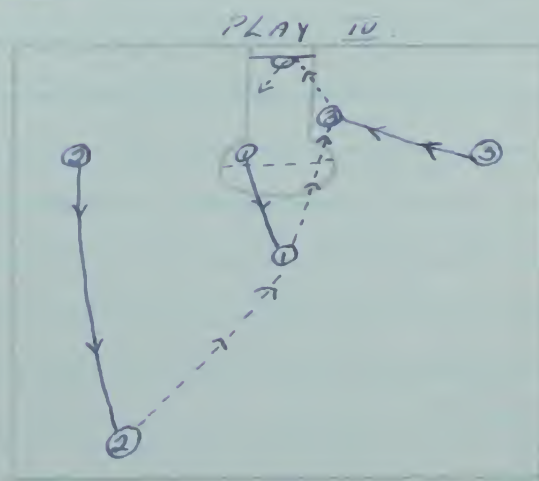
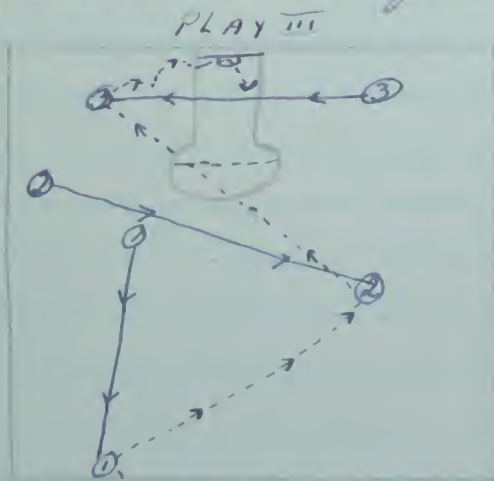
- No. 1 receives from guard  
" passes to No. 2.  
" 3 " & either 1 or 2 who run  
on either side of 3.  
No. 1 or 2 shoots after bounce

- A. Pass thru' center of court.

- B. Shooting comes after receive

## Description:

- No. 1 receives from guard  
No. 1 passes to No. 2.  
" 2. " " 3.  
" 3. shoots.



- A. Bouncing & shooting  
B. Zig zag passing

## Description:

- No. 1. receives from guard & passes to No. 2.  
No. 2 passes to No. 3.  
" 3 bounces & shoots.

- A. Pass to Rec' who runs to meet pass.  
B. Shooting.

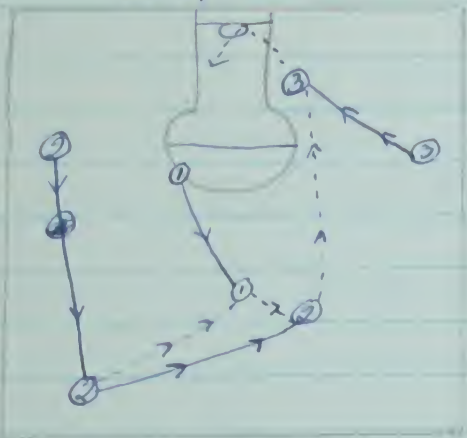
## Description:

- No. 2 receives ball from guard  
" 2 passes to No. 1.  
" 1. " " 3.  
" 3 shoots.

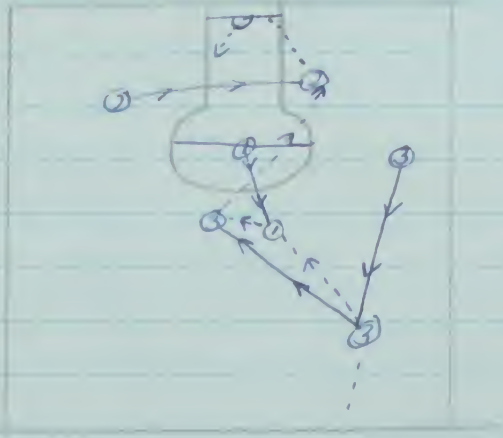
This play maybe reversed to other side.



PLAY VI



PLAY VI



- A. Passing to receiver who is running & meet pass.  
 b. Pick-off.  
 c. Shooting.

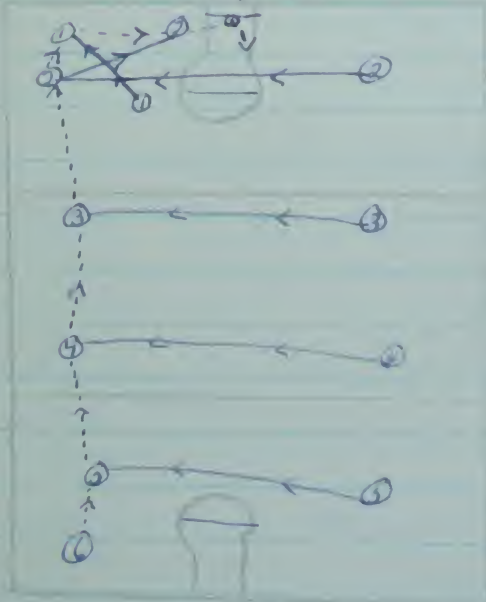
### Description:

- No. 2 receives ball from guard.  
 " passes to No. 1.  
 " " back to 2 on pick-off  
 " 2 " to No. 3 who shoots.

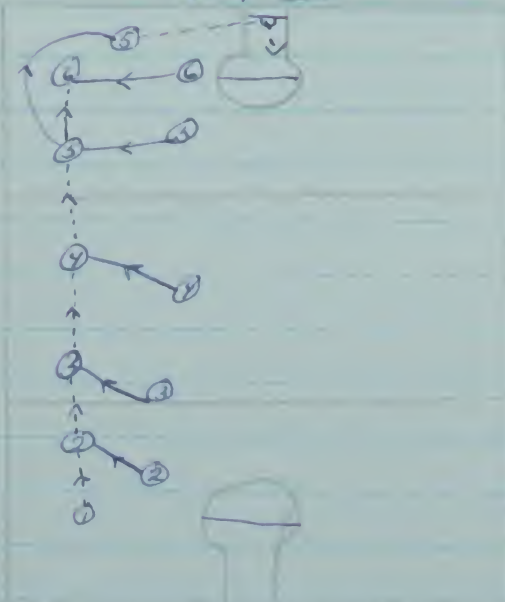
### Description:

- No. 3 receives from guard.  
 " " passes to No. 1.  
 " 1 " back to 3 on pick-off  
 " 3 " to 2 who shoots.

PLAY VII



PLAY VIII



- A. Passing. B. Passing to player who runs — A-B. Same C. Running toward  
 to receive. C. Cutting to basket or inside ground. basket to follow other feeds shot.

Description — No. 6 passes to No. 5. No. 5 passes to 4, 4 to 3, 3 to 2, 2 to 1. No. 1 uses loop or  
 becomes pass to No. 2 who cuts toward basket.  
 No. 2 shoots.

D. Staying out after shooting.  
 Des — No. 1 to 2. No. 2 to 3, 3 to 4, 4 to 5, 5 to 6.  
 No. 5 runs around toward Sideline & receive 6.  
 " 6 " toward basket to follow shot while 5 tried.  
 " 5 stays out after she shoots.